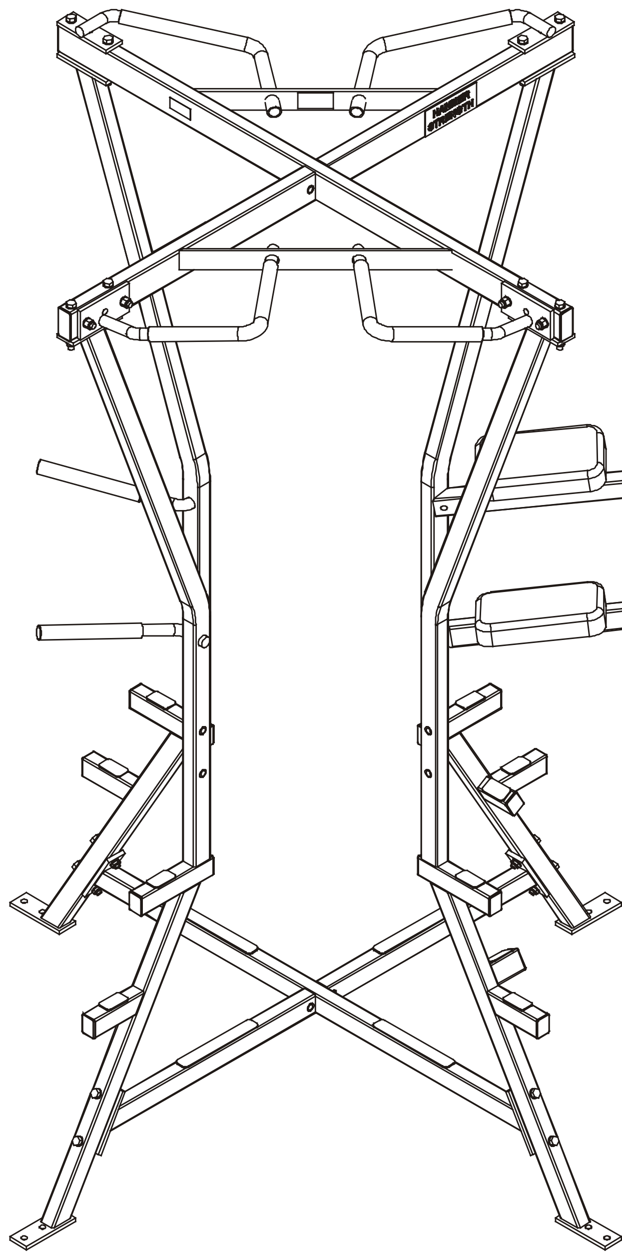
LifeFitness

HAMMER STRENGTH

BWCDLR - BODY WT CHIN/DIP/LEG RAISE



Customer Support Services

PARTS MANUAL

BWCDLR - BODY WT CHIN/DIP/LEG RAISE

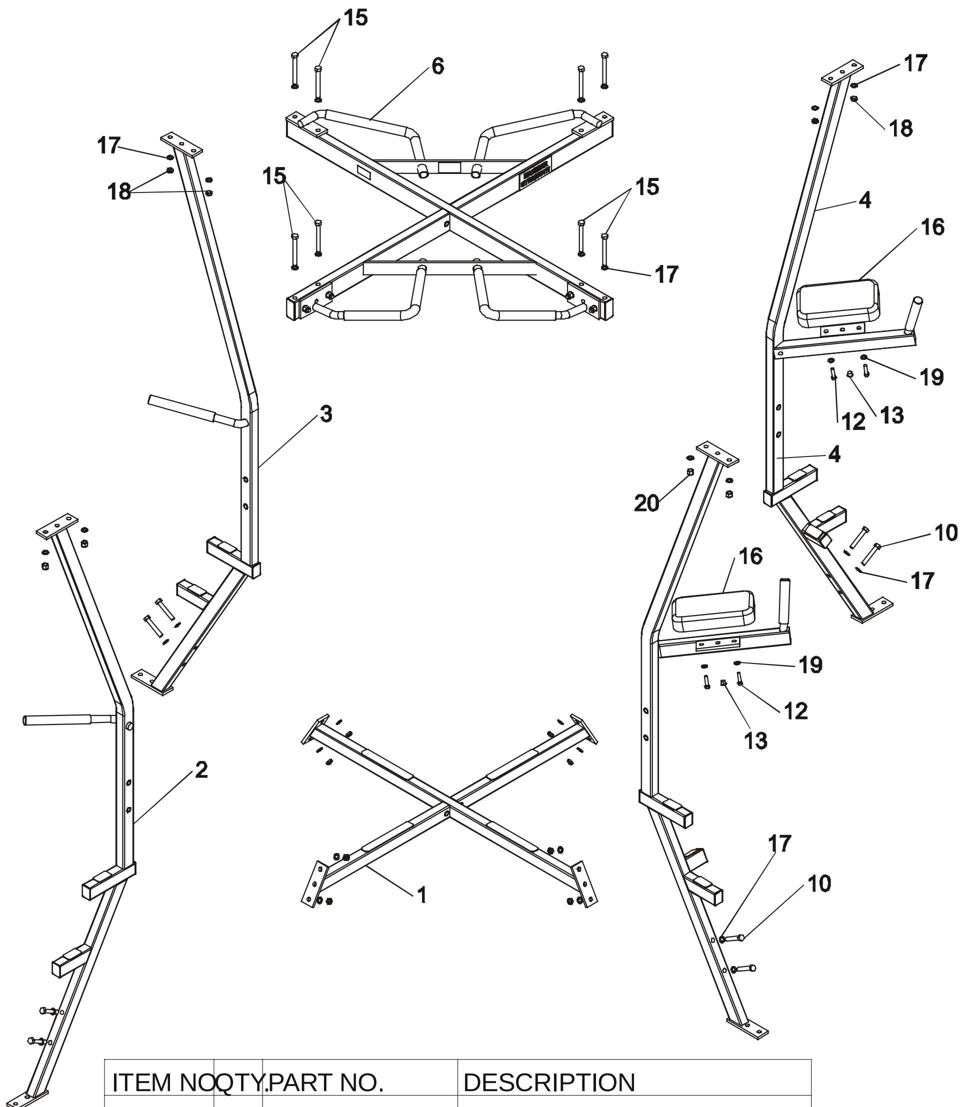
Notes:

BWCDLR - BODY WT CHIN/DIP/LEG RAISE

Contents

BWCDLR - BODY WT CHIN/DIP/LEG RAISE

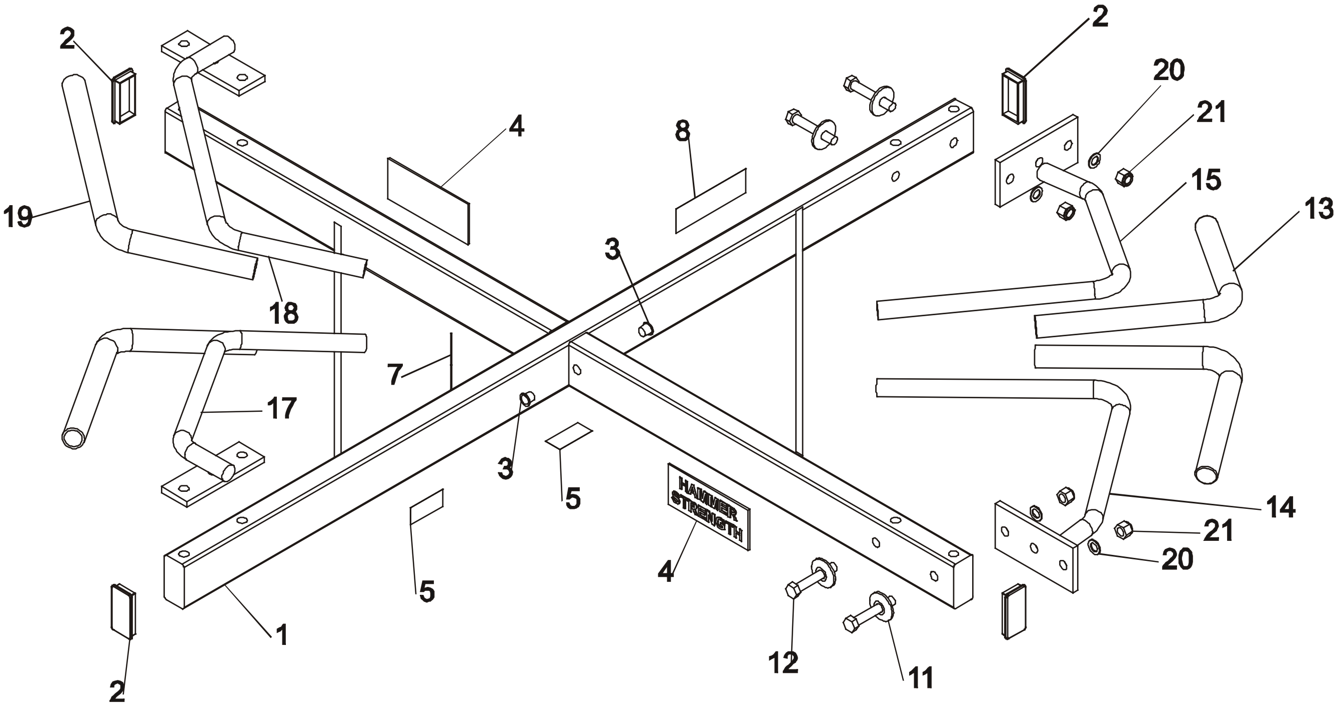
COMPONENT ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	BWCDLR-CBX-0	Bottom Frame Assembly
2	1	BWCD-CSFL-0	Chin SF Left Assembly
3	1	BWCD-CSFR-0	Chin SF Right Assembly
4	1	BWCDLR-CSFL-0	LR Side Frame Right Assembly
5	1	BWCDLR-CSFR-0	LR Side Frame Left Assembly
6	1	BWCDLR-CTX-0	Top Frame Assembly
10	8	HHB.5X3	1/2 X 3 Bolt
12	4	HHB.375X1.5	3/8 X 1 1/2 Bolt
13	2	H-HPLUG	Hole Plug
15	8	HHB.5X4.5	1/2 X 4 1/2 Bolt
16	2	U10-4.5	Pad, 10-4.5
17	32	0017-00104-0379	1/2" Internal Lock Washer
18	12	0017-00103-0224	1/2" Thin Lock Nut
19	4	0017-00104-0313	3/8" SAE Flat Washer
20	4	0017-00103-0223	1/2" Thick Lock Nut

BWCDLR - BODY WT CHIN/DIP/LEG RAISE

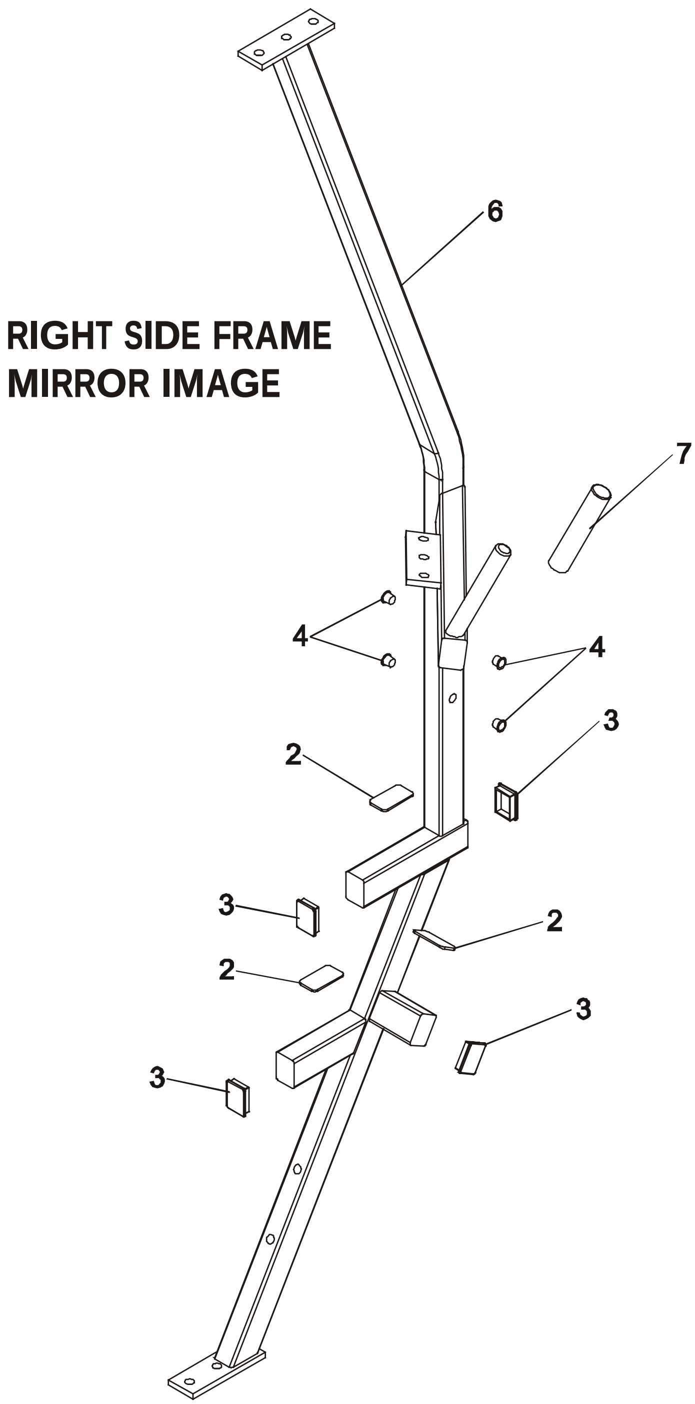
TOP FRAME ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	BWCDLR-TX-0	Top Frame
2	4	H-PEND3	1 1/2 X 3 End Cap
3	4	H-HPLUG	Hole Plug
4	2	H-NAMEPLATE	Name Plate
5	2	SERIAL NUMBER	Serial Number
7	1	PATENT	Patent Decal
8	1	CHIN DIP	Product Decal
11	4	H-BACK-WASH	Backing Washer
12	4	HHB.5X3	1/2 X 3 Bolt
13	2	H-GRIP(BWCDLR-1)	HandGrip
14	1	BWCDLR-LX-0	Pronate Handlebar Left
15	1	BWCDLR-LX2-0	Pronate Handlebar Right
17	1	BWCDLR-RX-0	Right Sup. Handlebar
18	1	BWCDLR-RX2-0	Left Sup. Handlebar
19	2	H-GRIP(BWCDLR-2)	HandGrip
20	4	0017-00104-0379	1/2" Internal Lock Washer
21	4	0017-00103-0223	1/2" Thick Lock Nut

BWCDLR - BODY WT CHIN/DIP/LEG RAISE

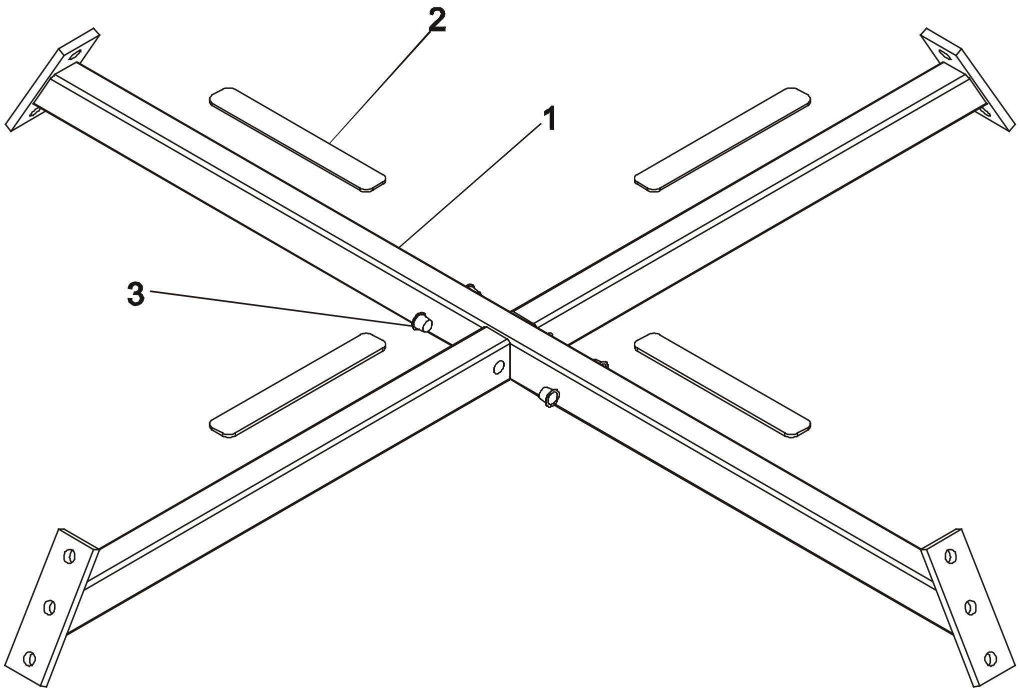
LEFT SIDE FRAME



ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	3	H-PLATE-G1	Small Plate Guard
3	4	H-PEND2	1 1/2 X 2 Endcap
4	5	H-HPLUG	Hole Plug
6	1	BWCDLR-SFR-0	LR Side Frame Left
7	1	H-GRIP(ILDRW-B00)	HandGrip

BWCDLR - BODY WT CHIN/DIP/LEG RAISE

BOTTOM FRAME ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	BWCDLR-BX-0	Bottom Frame
2	4	H-NONSKID1	1 1/4 X 9 Nonskid
3	4	H-HPLUG	Hole Plug